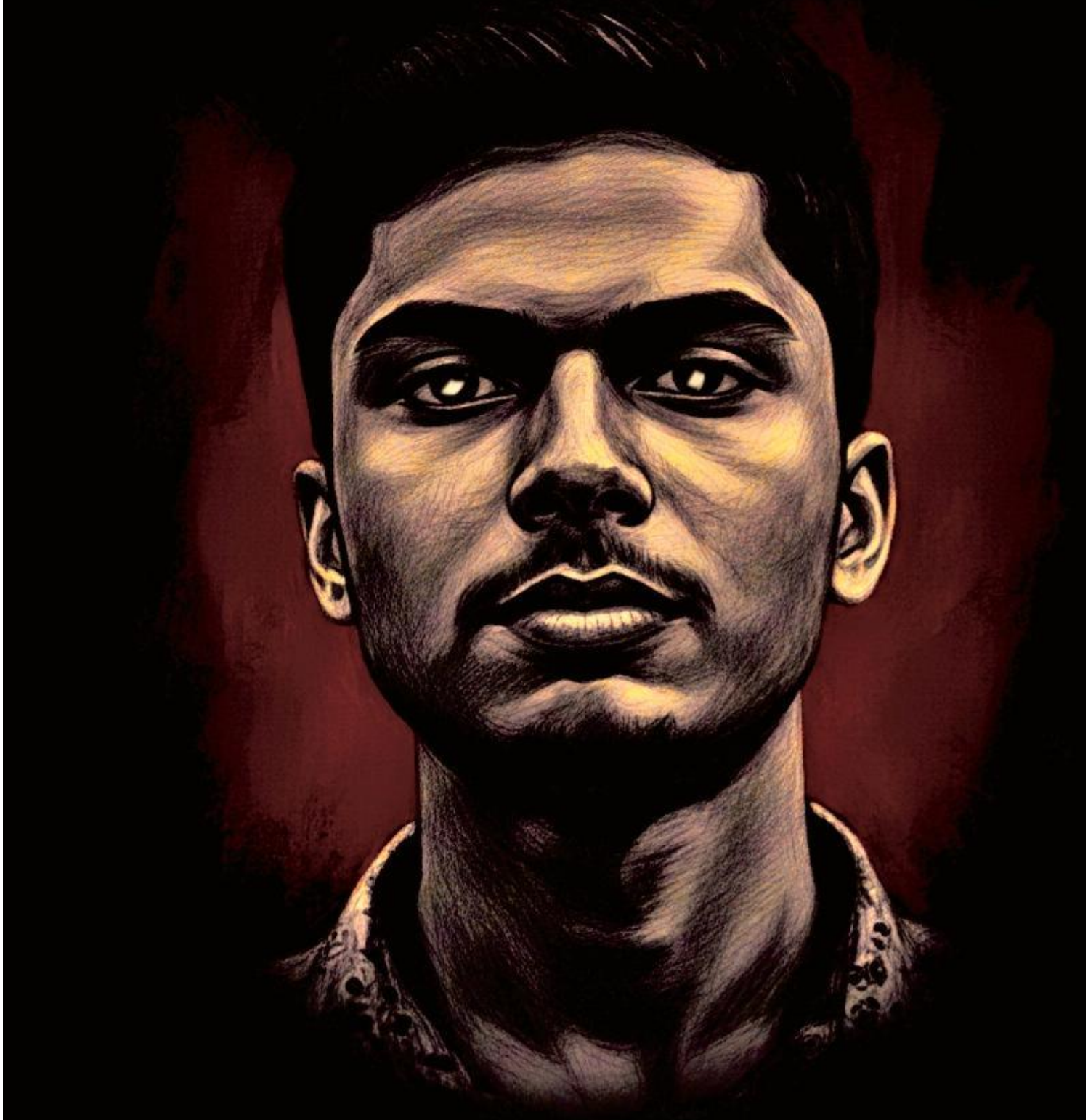
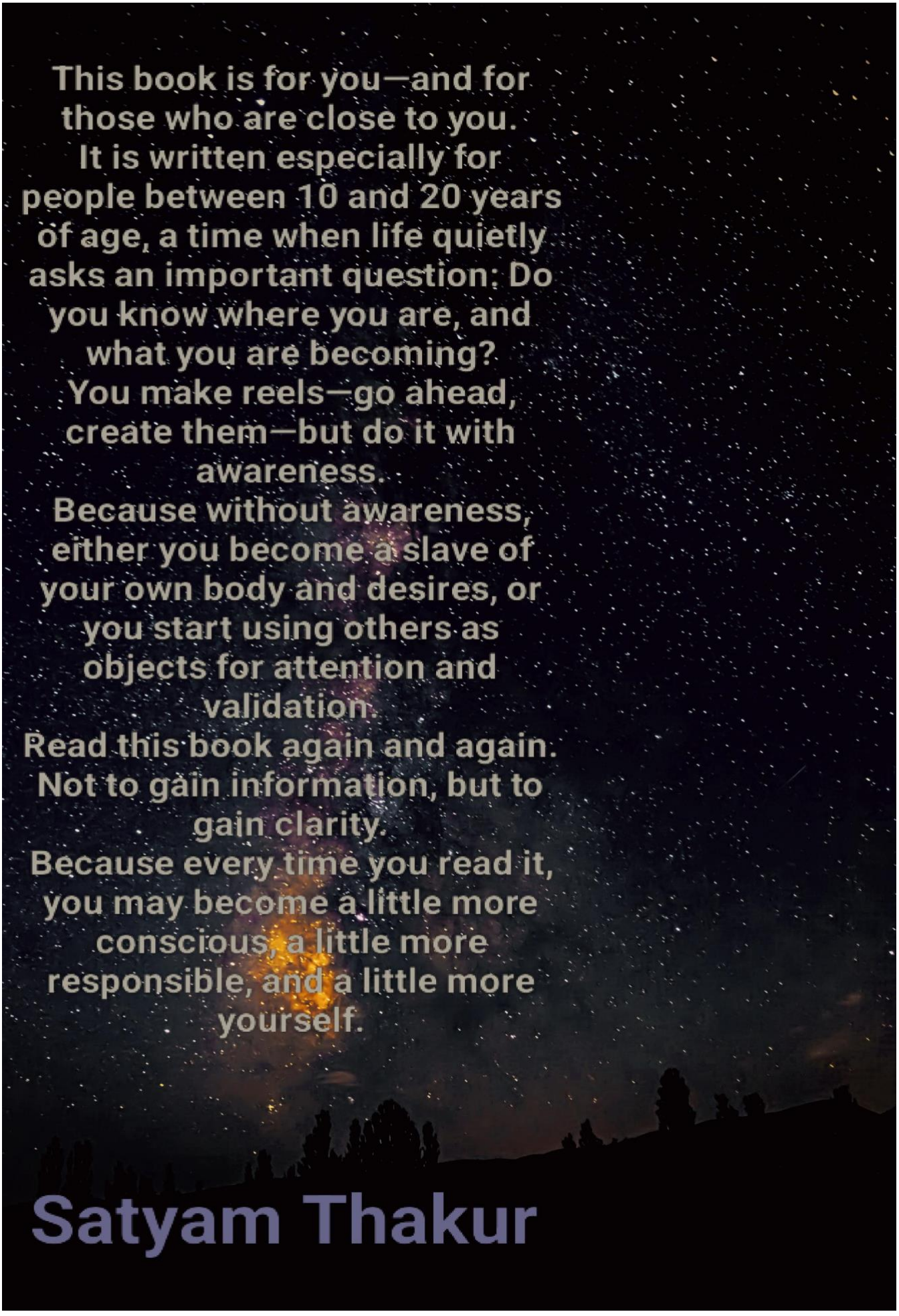
Dive Into Teen Age



SATYAM THAKUR


This book is for you—and for those who are close to you.
It is written especially for people between 10 and 20 years of age, a time when life quietly asks an important question: Do you know where you are, and what you are becoming?
You make reels—go ahead, create them—but do it with awareness.
Because without awareness, either you become a slave of your own body and desires, or you start using others as objects for attention and validation.
Read this book again and again.
Not to gain information, but to gain clarity.
Because every time you read it, you may become a little more conscious, a little more responsible, and a little more yourself.
Satyam Thakur

Dive Into Teen Age.

***Satyam Thakur*.**

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Satyam Thakur (born July 3, 2008) is a writer, thinker, and seeker from the sacred city of Janakpur Dham, Nepal. Representing a new generation of philosophical inquiry, Satyam combines the energy of youth with a deep reverence for timeless wisdom.

His journey into self-help and spirituality is rooted in the study of diverse masters—ranging from the profound non-duality of Adi Guru Shankaracharya and Ramanujacharya to the revolutionary modern perspectives of Osho and Acharya Prashant. He further balances these spiritual roots with the strategic, psychological insights of Robert Greene.

In this book, Satyam uses his own life stories to demonstrate how ancient truths can be applied to modern challenges. He

believes that age is no barrier to seeking the truth and aims to inspire readers of all generations to look within. Currently residing in Janakpur Dham, he continues to write and explore the intersection of human psychology and spiritual liberation.

I wrote this book so that when you feel confused or lost, you can work on becoming a better version of yourself.
This book is mainly for teenagers—and it is necessary.
In it, I have tried to explain many complex inner struggles in a simple way.
I have shared experiences from my own life.
Almost all the examples in this book come from real life. “All examples are real-life based. The mango tree—don’t judge, it understands me.”
My intention is not to shape you according to my thinking, but to help you understand yourself better.
In this book, I discuss topics like manipulation, psychology, and human behavior.
But the main focus is on the biggest problems teenagers face today—attraction, emotional attachment, feeling stuck, lack of motivation, and confusion.
You are not required to accept my ideas.
What is important is that you accept yourself.
I have learned many things from many people—such as Krishna’s Bhagavad Gita, Osho, Adi Shankaracharya, Dr. Vikas Divyakirti, J. Krishnamurti, Premanand Baba, Robert Greene, aacharya Prashant,Chanakya and swami Vivekananda.
This book is not a set of instructions.
It is a guide, meant to help you think clearly, observe yourself honestly, and grow consciously.
Hope you will enjoy it. **Writer**

Content

1.The eternal and dying love of June morning.

2.Reference of philosophy and psychology in my own terms.

3.Top and Topper

4.God and we

5.Fear

6.Art of Couple (Love)

7.Life's Second Chance.

8.Love, Crush and Attachment

9.Confidence

10.Debate and argument

11.The Quiet Work of Becoming Better

12.Polymath

13.conflict between mom and dad

14. Never dance on a stage which is made of bamboo. Because audience matter.

15.Main teaching of bhagwat Geeta for a teenager

16.Greene's laws of power summary

17.Hello and Bye.

1.The eternal and dying love of June morning.

At 4 am, while the whole city was asleep I thought of taking a quiet walk. The birds were weaving music into the silence, and their songs pulled me outside. As I stepped into the empty streets, even the sleeping dogs seemed to whisper a thrill of fear. The moon was still arguing with sun, unwilling to surrender its throne. The cool breeze, carrying a fragrance of peace, lifted me gently and remind me of Krishna. On the roadside, I saw the poverty of few souls—earthly traveler resting for the night, who, once their time here ends, will leave this mortal world and return to their true home. And yet, even in their suffering, I could feel Krishna's divine play. I wandered through Janakpur, touched by the chill of the pre-dawn air, pausing to breathe in the fragrance of fallen flowers beneath my feet. By the banks of Ganga Sagar, I walked into a dark corner where I saw an old man laughing. For a moment, I thought he had gone mad. But then I realized—his beloved wife, resting her head upon his lap, was playfully teasing his long white beard. They must have been sixty or seventy years old, yet their eyes sparkled with the light of youth.

At that instant, a strong wind embraced me, holding my body still and chilled; and in that pause, I understood: this was love.This was Krishna's Lotus. A love I had never seen between the young, not even between my parents. It was then I realized—perhaps love is not just an emotion, but a soul that resides in two bodies.I sat at a distance for half hour, watching the water reflect the faint light, fish leaping from its surface, and the darkness slowly wrestling with dawn. And in that half hour, I understood—Life itself is love. Love feels like a beautiful fragrant pink Lotus in a water filled swamp.

(Satyam Thakur.)

Don’t get attached or obsessed with just one person or thing. Instead, appreciate and embrace the beauty and goodness in everything around you.

2.Reference of philosophy and psychology in my own terms.

Philosophy: To me, philosophy is the love of wisdom. It is the act of thinking deeply about any subject and possessing a hunger for knowledge, paired with habits that lead to satisfaction.
It asks deep questions about life, reality, and the self.
It teaches how to think, not what to think.
It guides humans to live consciously and meaningfully.

Silence (Maun / मौन): In its simplest form, silence is the absence of external sound. I categorize it into two distinct types:

- **External (Outer) Silence:** This is the absence of noise from the surrounding world and the intentional stopping of one's own speech.
- **Inner Silence:** This is the absence of mental chatter or internal chaos.

To achieve **inner silence**, one must first practice **outer silence**. By doing so, you can begin to truly feel and observe every event happening both outside and within yourself.

Psychology

The scientific study of the mind and behavior.

Manipulation

Tactics used to change the behavior of others, often involving attempts to control their thoughts.

Observe: Watch body language and tone of voice. Ask yourself: "What makes this person anxious?" and "What do they crave?"

Profile: Identify the individual's personality type. For example, "Are they a narcissist who needs constant praise, or an empath who feels a strong need to help others?"
Test: Create a small boundary crossing to see their reaction. For instance, "If I make a rude joke, do they laugh just to please me, or do they get angry?"

The Tactic: Strategic Exploitation

The final step in manipulation is applying specific pressure. This often involves a "push and pull" dynamic with validation. By giving someone the praise or attention they crave and then suddenly withdrawing it, a manipulator creates a sense of insecurity that forces the other person to "chase" them to regain that lost approval.

The Strategy: How to Defend Yourself

To protect your mind from these tactics, you can use these three core pillars of self-defense:

Hide Your "Buttons" (Maintain Privacy): Manipulators look for your weaknesses—the things that make you anxious or the things you crave. By keeping your deepest insecurities and private desires to yourself, you give them no "buttons" to push.

Observe the Observer: Stay alert and be on your guard. If you notice someone is watching your body language or testing your boundaries too closely, start watching them back. Recognizing their pattern is the first step to breaking it.

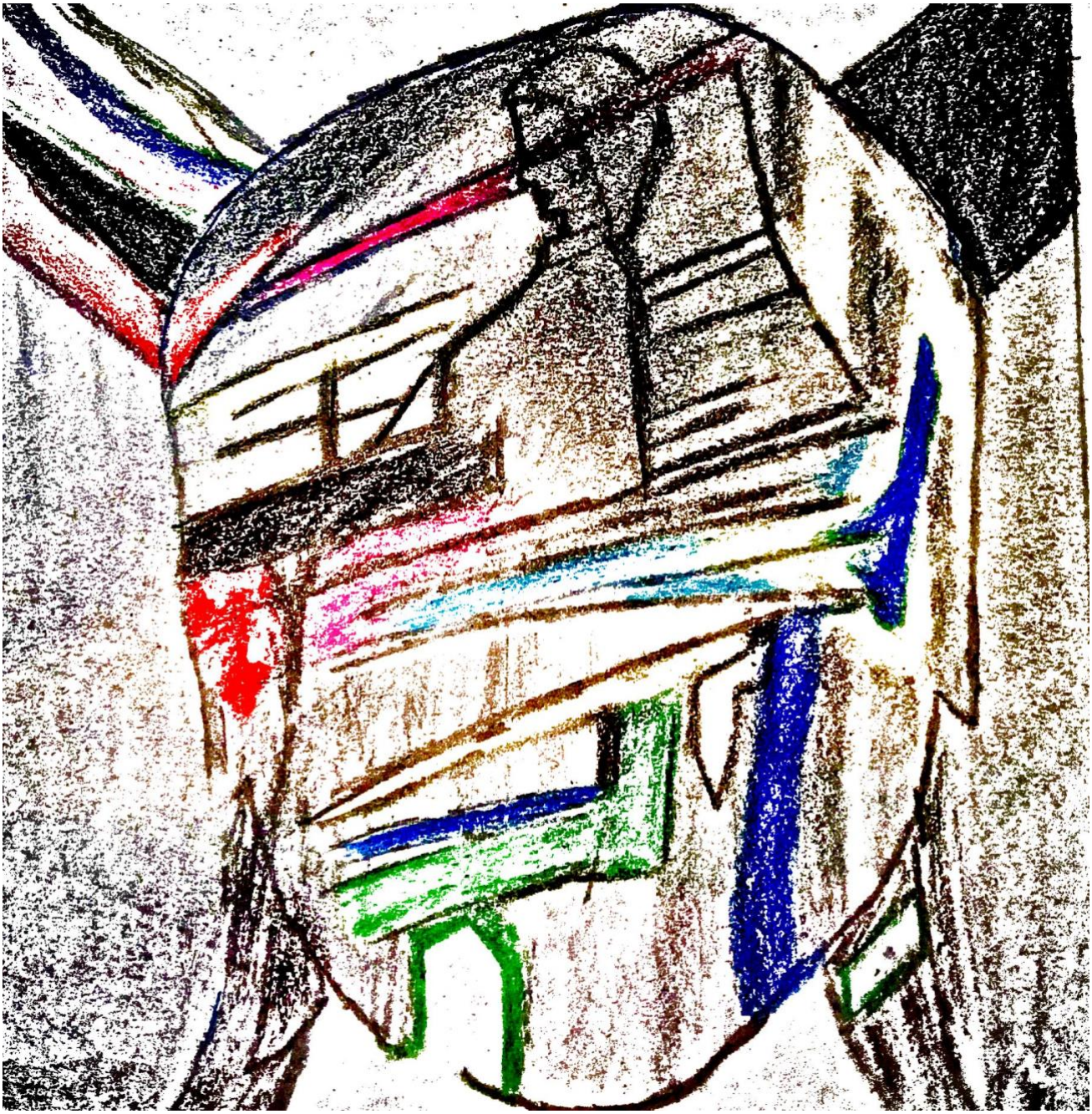
The Power of the Pause: If you feel pressured to react or agree, use the phrase: “I need time to think about it.” This breaks the manipulator’s momentum and gives you the “Inner Silence” needed to make a rational decision.

The Red Flag

If someone is trying to control you, their behavior will feel inconsistent. They will use fake attention to draw you in or intentional absence to make you feel guilty, depending on what the situation requires to keep you off balance.

Friendship and Manipulation

Not every friend wishes for your growth; some wish for influence. A manipulative friend often hides control behind concern, praise, or constant closeness, slowly shaping your decisions to suit their needs. When someone creates emotional dependence, blurs boundaries, or makes you feel guilty for thinking independently, power is already shifting away from you. Real friendship allows distance, silence, and disagreement without fear, while manipulation thrives on urgency and confusion. Remember, people who truly respect you do not need to dominate your attention, control your choices, or weaken your self-trust to stay relevant in your life.



(Satyam Thakur.)

3.Top and Topper

“If someone has a very intense, almost obsessive passion (or interest) for something, they are often called the ‘Topper’ of their field.

To become a Topper, you don’t need any special ability; you need an obsessive level of interest and passion.

There are two kinds of Toppers: the first is born, often called ‘God-gifted,’ and the second is self-made through Karma (action).”

Expanding the Ideas

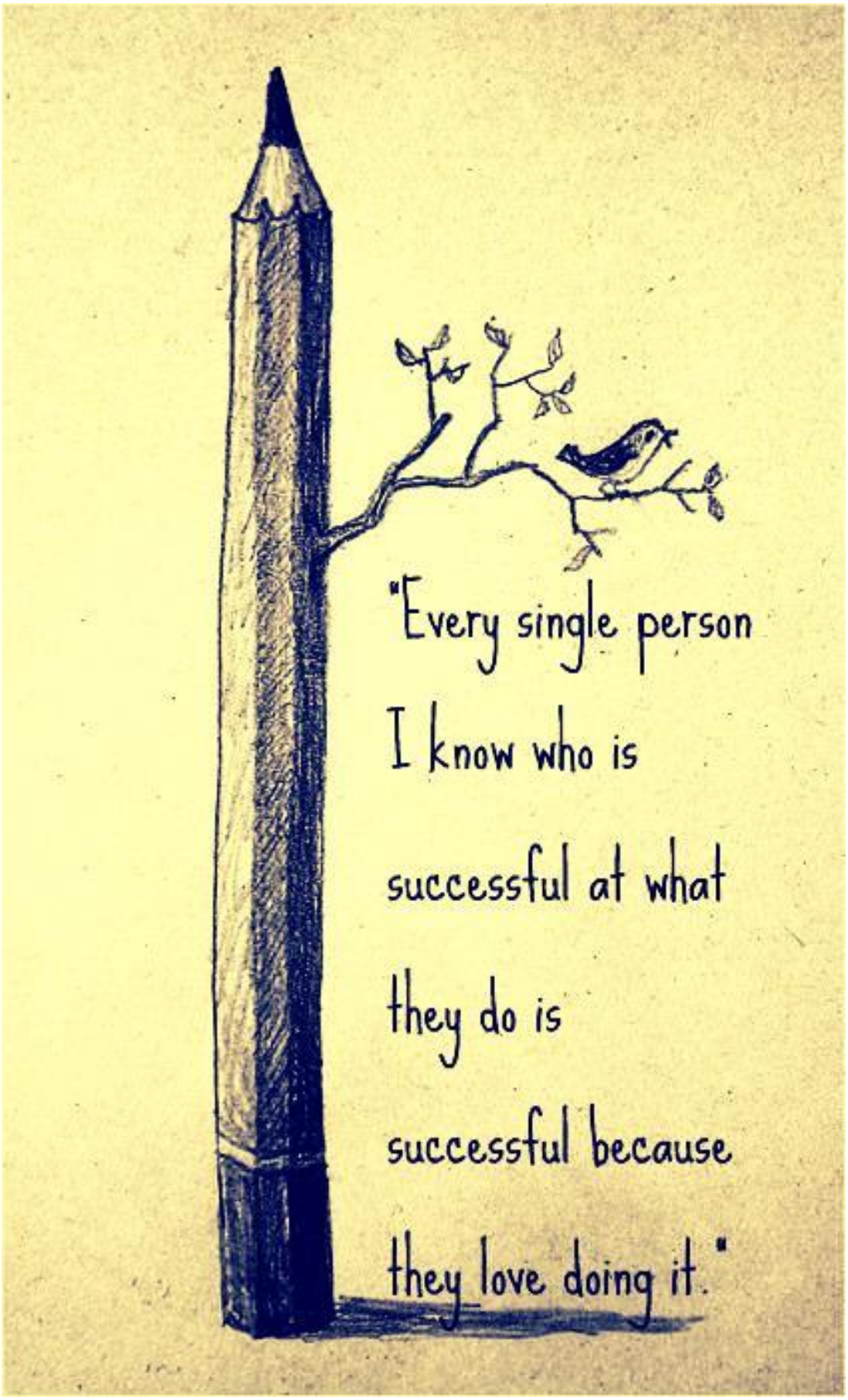
To help you explain these thoughts more deeply, we can look at the two categories you defined:

1. The “God-Gifted” Topper (Natural Talent)

This refers to people who seem to have an innate, effortless ability from a young age. In psychology, these are often called prodigies. While they have a head start, your note correctly implies that even they must maintain “passion” to stay at the top.

2. The “Self-Made” Topper (The Power of Karma)

This is perhaps the most inspiring part of your writing. It suggests that effort (Karma) can bridge the gap between an average person and a master.



(this drawing is from internet).

4.God and we.

If you blindly believe in God, you are only an imitator.

And if you deny God completely, then you are not truly searching for your own Self.

He is Krishna.He is Buddha.He is Shankaracharya.

He is Shiva.

Yet He is neither “He” nor “She.”

He is beyond gender, beyond name, beyond definition.

He is every philosophy and also beyond all philosophy.

He is Nirgun—without form.

But out of compassion, He can take form for you.

He is Kabir Das’s Ram,

The Gita’s Krishna,

Advaita’s Shankaracharya,

Love’s Radhika,And Loyalty’s Sita.

So if I say God does not exist, that is not entirely true.

And if I say God exists exactly as we imagine Him, that is also not true.

What we see is only His Māyā-rūpa—the appearance, not the essence.

I do not claim to know Him. I am searching for Him.

And I am certain that I will fail—

Because the infinite cannot be fully grasped by the finite.

I am nothing,

Yet I am a part of everything.

I am Satyam—the truth I seek.

And I am Niranjan—the seeker who remains untouched, unfinished, and eternal.

(Pic.Source– internet)

5.Fear

What is fear? Fear is the effort to bring the result of anything into one's favor. It is an emotion that makes humans think or do what they do not want to do.

When someone encounters something they perceive as a threat, the brain triggers the Sympathetic Nervous System (SNS). The SNS is responsible for preparing us to either confront the threat (fight) or escape it (flight).

Common symptoms we experience when in fear include:

Xerostomia (dry mouth)

Sweating

Shaking

At a surface level of human psychology, I have found that there are two kinds of fear:

Jivan Tras: Survival Threat

Karma Tras: Karma Threat

(satyam Thakur)

Jivan Threat

A Jivan Threat occurs (comes) when there is something that triggers a threat to our life. It may be psychological or physical, targeting our life existence or our life value. Sometimes it also appears in an imagined form—a threat that is not physically present but is highly feared. Examples include the unknown darkness outside the cave, and also phobias.

Karma Threat

The second is the Karma Threat. This is the threat which depends on our Karma—what we did or do. We can control the cause, but perhaps not the outcome. This makes us decide between confusion, which may be loved or hated. And the 90% of Karma threat comes from a lack of independence. Such as:

- **Spiritual lack of independence:** dependent on or too much love of the material world.
- **Psychological lack of independence:** thinking about what others will think about me, or seeking someone's approval.
- **Ethical lack of independence:** when actions are not guided by objective truth. Or sometimes maybe you are true, but circumstance and skepticism make you think, and sometimes it maybe comes from flawed duty.

Jivan Threat and **Karma Threat** are connected to each other—not fully, but yes.

So if we can control our Karma, then we can control our fear. If it has happened, then let it go. Be happy and don't think too much.

6.Art of Couple (Love)

What is Love?

Love is feeling, experience, and freedom. Love is just like a tree of a beautiful, tasty mango. It gives you shadow and fruit. If you are not aware (an overthinker), then it is also very good fun to swing from it. But after falling from it, it also hurts. So from now, you are going to be aware, but you still want the fruit—the DELICIOUS part of it.

But you also want a partner to tell your hurt and pain to. Then you start searching for a partner. After finding the partner, you start telling them about the pain and the fruit in the shadow of that same tree. Because the partner also felt an attachment to that tree, you both start enjoying it.

But one day, the partner also falls from the tree. The partner also gets hurt. Then the partner starts blaming you and your love.

And your partner goes back on their journey. But don’t worry, your love is still with you. The Love is that beautiful tree. You love the tree because he or she is with you, or maybe in you. The tree is immortal because it is love; the fruit, the leaves, everything is love or part of love—also that branch from which you fell or are falling.

Sometimes the tree is for you. Love (the tree) sometimes makes him or her. The third one (a partner) is evil; if you are

influenced by that partner, he or she may make you cut your tree (love).

And if you go to another tree, then the tree (your love) gets jealous. Jealousy is also part of Love, but of an evil type. If it is Increasing, then it will burst, and the result will make you think. If you are free, then take control of your love. I said love is freedom; yes, it is. Love is you and your lover. But if you or your love is feeling bored, you have to change your feed, your effort, and your way of living.

But if you are trapped with a partner or any evil, you have to take a decision.

Love stays safe when it is built on truth, awareness, and self-control. Always keep clear boundaries, because evil people first try to confuse limits before they harm emotions or trust. Master your own desire, fear, and anger, since inner weakness becomes an open door for outer manipulation. Practice silence and observation instead of instant reactions, as calm minds are hardest to control. When love grows from values and self-respect rather than blind attachment, both partners remain protected from evil outside and within.

(pic.source-internet)

7.Life’s Second Chance.

I thought about ending my life many times. One day, I actually tried. But against everything, I survived. As I fell, I began to cry—not just a little, but like a heartbroken child. I had been carrying so much stress and so much heavy pain that breathing felt like too much work. Living felt impossible. And yet, there I was, still alive.

I couldn’t stop the tears. As I sat there, memories of my family filled my mind. I remembered being a child. I thought of the friends I grew up with, the ones who aren’t by my side anymore.

I looked up at the vast sky. My face was wet with tears, my breath was shallow, and my entire body was shaking. In that moment of complete darkness, a single thought finally reached me.

I Will Win

In that exact moment, something deep inside me shifted. Now, I stand here. I feel calm and strong; I have grown a resilient heart.

I have decided to fight for as long as I have breath in my lungs. I know I will fall again—perhaps many times—but I will keep standing back up, every single time. I will keep rising until the world itself gets tired of trying to break my spirit.

Fear has no power over me anymore, because I have already stared my greatest nightmare in the face. I have become

immortal—not because my body won’t age, but because my courage can never be killed.

I am going to trust my own heart and learn from my own journey. I don’t need to look elsewhere; I will find the power to rise within myself. The person I used to be—the one who felt defeated—is gone forever. That weakness has left me. My name is Satyam, and today, I make the powerful choice to live.

(Pic.Source-internet)

8.Love, Crush and Attachment

To be honest, I know a little about attachment and crush, but I do not truly know love yet.

I will tell you a story. This chapter may be a little long, but believe me—it will teach pleasure, pain, and understanding.

Let us first talk about Crush.

Crush

Actually, something called a crush does not really exist as a separate thing. A crush is only one visible face of attachment (moh).
It is like a spark:
When you see someone, it appears.
When you stop seeing them, it slowly fades.
In a crush, whether you are a boy or a girl, you are not living with the person—you are living inside your imagination.
You are attracted to:
Physical beauty (face and body)
Style
Money
Talent
Intelligence
Confidence
This is attraction, and at its root, it is physical and sexual attraction.

Your eyes get attracted first. Your mind starts creating pictures and stories. Your body responds with desire. It is like seeing a beautiful house from outside and already imagining your whole life inside it, without knowing if the foundation is strong or even real.

If someone builds their entire life on this feeling, trust me, they will regret it.

My Story

When I was in 9th grade, there was a girl. She looked good. Maybe that is where everything started.

I became attracted to her. In front of her, I tried to become someone better—or maybe someone she would like. I wanted to make her my girlfriend. I imagined that one day she might be mine. Maybe for time pass.

At that time, I was also counted among the few handsome boys in school. But she showed me attitude, but at the same time, she gave signals—not clear yes. Time passed. Slowly, I became weak in studies. I gave more attention to my appearance than my [studies].

She never rejected me directly, but through mixed signals, she pushed me away. I never proposed to her. She even insulted me. My friend saw it and told me.

That moment was painful, but pain sometimes works like a mirror.

Realization

After that, I turned back to my studies. I started exercising and made my body healthy, average, balanced. With time, I understood the truth.

This was not love. This was attraction. This was sexual attraction. It was like fire:

Bright
Hot
Attractive
But it burns whatever stays too close for too long. After some [time], she tried to talk to me again. But by then, I had already walked away.

The truth about crush:
Sexual desire is the seed of a crush. When a crush grows:
Your energy leaks.
Your focus breaks.
Your inner strength weakens.
A crush slowly tries to bind you—not with chains, but with invisible threads of desire, hope, imagination, and ego. You feel free, but you are already tied.

Sometimes, by the time you understand this truth, it is already too late. Your potential has already fallen, like a bird that forgot it could fly because it stayed too long in a cage.

Now I will tell you about attachment (moh), then about love (prem), and finally, the solution.Not borrowed solution. Not society's solution. But the solution that is your alone.

Moh-

Moh is somewhat like a crush, but the emotions in it are strange and confusing. It often starts because of physical beauty—face, body, style, money, talent, intelligence, confidence. Along with that, emotions also get mixed in.

In Moh, you don't clearly realize what's happening. But inside you, there are some dreams—things you want to fulfill through that person, or things that person wants to fulfill through you. There can be strong sexual attraction which hides behind other reasons. You don't realize it at first.

The Traps of Moh

This is where people get trapped the most. When Moh happens, others can take advantage of you. Or you may want something from someone: physical closeness, money, fame, or something else.

In the coming time, this will increase even more. You might also get trapped. Cheating will become common. Betrayal will become a backup plan. After some time, the mind gets bored. What you want is Moh. What you desire is Moh.

Moh is like a sweet-smelling flower with hidden thorns. From far away, it looks beautiful. When you get close, it feels exciting. But if you hold it tightly, it can hurt you.

Moh is also like mist on a road. It makes everything look magical, but you can't see clearly where you're going. You think

you’re walking toward happiness, but sometimes you’re just walking in circles.

That’s why Moh starts fading when desire is satisfied or frustrated—the feeling dries up like a river in summer.

Prem-

What is prem (true love)?

I already said that I don’t know much about it, but I will speak from my own experience.

Prem is a feeling in which a person feels a strange happiness.

He gets lost in a kind of beautiful madness. There is freedom in it.

When I love someone, I want to make them mine—but if they don’t even know it, then letting them be free without any condition is prem.

Prem is not about wanting something. It is about giving without fear, staying without conditions, and seeing the soul.

Not using the person.

If I love someone, I will accept them

Completely—without any condition is prem. Pressure.

I will help them rise and I will rise myself without pressure.

The difference between moh and prem is simple.

But the world puts a curtain in between. That curtain is people's thinking.

The curtain is conditions.

If someone loves a bird, he feeds it without pressure, without selfishness.

He respects it and sets it free. If the bird also loves him, it will return.

If not, it may become prey.

I said prem is freedom—yes it is. But a true lover cannot watch his love become a victim.

Still, there is peace in knowing: I am here, you are free.

I gave my love freedom.

I gave time so that she could see the world.

I fear she may get trapped in moh.

Still, you are free and I have an endless store of prem.

When the heart feels fulfilled, that is prem. Sacrifice is prem.

Can love exist after marriage?

Maybe, maybe not.

But in and after death—it surely exists.

I watched my uncle and aunt for 17 years (Mausa-Mausi). That was moh.

But one day my uncle let my aunt go, let her free from duty. There was pain, regret, things left undone, restlessness—but no one could stop it. That was prem.

Now nothing could be done, only prem remained.

Moh—flesh, bones, and desires—burned in fire.

I don’t know what is happening in this generation.

Girls feel excited about extra body parts from or of boys.

And also boys call physical desire, physical difference “love”

Prem exist for parent, for the world, for life.

But in a couple, there is mutual immortal understanding: “I will know you, and you will know me.”

Now people only want to consume, not understand.

Prem can die—because it is deep, not long. Moh is long it looks big.

Prem is deep—it is you.

When you die, your prem also dies with you.

People marry without prem and never reach their true height.

They use marriage to satisfy desire. Prem is beyond desire.

If you want me, I am yours. If you don’t, I will not touch you for life. That is prem.

Prem is like a deep well. You don’t see its depth from outside but once you look in, you see yourself.

Moh ask: “What will I get?”
Prem ask: “Are you safe?”
This generation confuses excitement with intimacy, body with bond, use with union.
That’s why moh survives and prem suffers.
In the end, just stay alert.
Do not live inside imagination.
No one truly belong to any one.
Prem is you yourself—and whoever is meant to come will come.
First, understand what you are: iron or wood.
If you are wood, a magnet cannot pull you—but fire will burn you.
If you are iron, fire cannot turn you into ash—but a magnet will pull you toward it.
Prem is what gives you freedom, lift you higher, make you powerful—and the one who comes through prem will also become powerful.
Sometimes, mistaking a diamond for a stone—or trying to turn a stone into a diamond—is the biggest foolishness of all.
If someone leaves, let them go.
If it was prem, they will return.
If not—let them go to hell.
Rise above it.
In this, there are no false dreams.
Before loving anyone else, love yourself.

Prem is not something you search for outside. It is your inner nature.
Love is a challenge. Only those with the courage to sit on the throne of the heart can truly experience it. But in love, fear slowly fades away—its only purpose is to protect the lover from being hurt by the crowd, by the outside world.
In love, there is no backup plan, nor should there be. If a backup plan exists, it is hidden behind desire, behind a mask. True love leaves no room for strategy, for hiding—it is raw, vulnerable, and courageous.
If you are weak inside (wood) desire (fire) will destroy you.
If you are strong inside (iron), desire cannot burn you, but true nature will naturally find you.
Don’t romanticize illusions. Become hard, powerful.

A diamond does not become valuable because someone loves it. It is loved because it is a diamond.

I told you that I don’t know much about love.

What is a true lover like?
A true lover is someone who understands love and gives you freedom.
They come into your life to inspire you to become better and stronger.
Even if they know you are not at a very high level yet, they still encourage you to grow and rise.
A true lover does not give false praise.

If you make a mistake, they will scold you—but they will never leave you. They know that you are not that good yet.Sometimes you may not like them, because you want to live in imagination. But they are better—for you.
Sometimes, even they do not know why they want to stay with you; they just want to.

They do not break the relationship.

They do not ask for happiness from you, nor do they pretend to give it.When someone helps you even while they are struggling, that isn't just help—that's love.

They simply help you stand up and free you from useless worries and complications.
If you stay still, they may come to you—but very rarely.
Later, you will go to them, but only with attachment,
Because then you realize you have lost a diamond.
If you want to hold them, hold them with open hands.
The more you try to chase, the more lost you become.
To a true lover, you are the best—not because others are not beautiful,But because they no longer matter.Make yourself capable and strong.

After marriage, the minds may not become one.Life may not truly become one.But the bed becomes one.Then you start seeing the real face of the other person,And after that, you can't do much about it.In some cases, this even happens without marriage.

A true lover helps you become more yourself, not less.

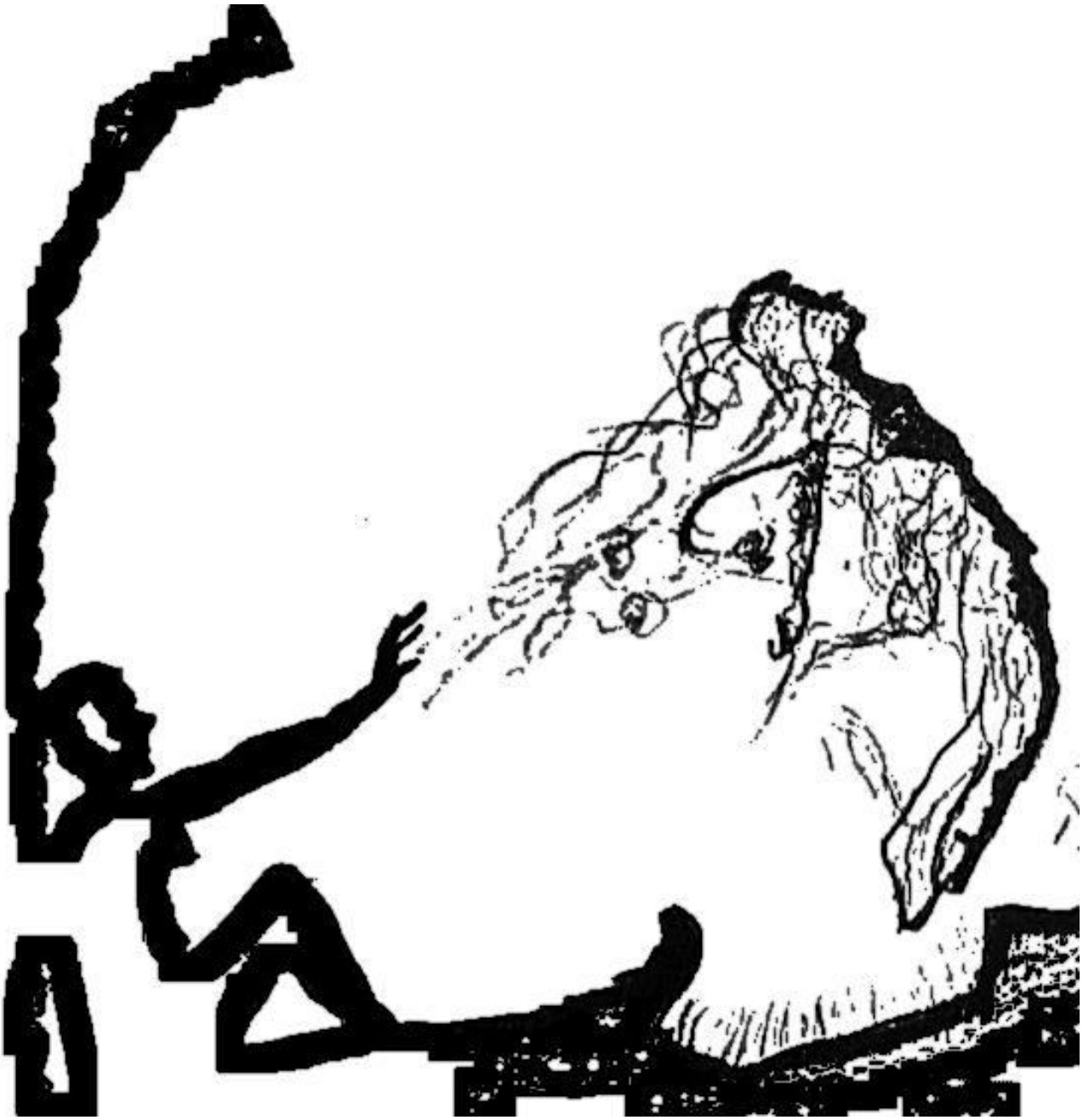
Give up everything that makes you weak.Lover respects you.It does not want to steal your dignity,Nor does it want to take dignity from you.

True love helps you become disciplined, healthy, and self-aware.

If someone enjoys your distraction, your weakness, or your confusion,They are not loving you—they are keeping you attached.
Attachment feels sweet, but love makes you better. They can come in any form—as a friend or as someone else.

But a true lover stands for you as love and as strength.
They remain soft, calm, and steady.

Become iron—the magnet will come to you on its own. Win the love by your ability.
(Pic.Source-internet)



(Pic.Source-internet)

9.Confidence

Confidence is believing in your own ability and worth.
It is necessary because it helps you take decisions without fear.
Confidence allows you to face failure without breaking.
It helps others trust and respect you.
Without confidence, talent and knowledge remain unused.
Confidence is being able to talk to four people without fear.
Confidence is being able to teach someone something.
Confidence means you are not afraid of people.
It is very easy to gain, but it kills the shyness inside you—that is why people fear gaining it.
Confidence makes you calm and slowly turns you into a teacher.Real confidence is built only when you face challenges, criticism, or failure.
If confidence is never tested, it stays weak and imaginary.

Let me tell you this through my own story. When I was 16, many changing moments came in my life. At that time, things at home were chaotic—my parents were fighting. There were also some misunderstandings between them, which kept happening. But I had an argument with my father. At that time, I was also facing financial problems. I had no friend to talk to. I wasn't very strong either. Academically, I was just okay. The problems kept increasing, and so did my tension.

I thought a lot and made a decision: I will go to school. I thought, let's try a bigger school. I went to a school called New Vision. After going there, I gave my first-ever experience in life—I went there not to study, but to teach. I was scared. The vice-principal of the school was very kind and understanding. He placed me in Class 8. Almost all the children there were my age, or maybe a little younger. The moment I entered, fear overwhelmed me. My throat dried up. There were around 35 children in the class. They, thinking about their age, started mocking me.

And I, too, embarrassed myself. What I wanted to say couldn't come out of my mouth. On top of that, everyone was laughing at me. I said all sorts of nonsense. For the first time, I spoke English in front of a crowd—and it came out completely wrong. I went outside. From shame, I couldn't lift my head.

Then the teacher said, "Come prepared tomorrow." I went home. The embarrassment kept coming in front of my eyes again and again. Sleep didn't come. I kept slapping myself and crying. Then I thought: whatever happened, happened. Now what to do tomorrow? I was thinking of giving up. But deep inside, a voice came—not for money, but for respect. Go, Satyam, go for respect. Those children, when they see you outside, what will they say? Go, Satyam.

Then I prepared for tomorrow at night. I went to school and requested the teacher, "Sir, today please let me teach in my own way." It didn't matter if it worked or not. The teacher was

very kind. He let me teach in class. I went, and that day, I regained my respect.

The confidence that made me scared yesterday now made me ready to face everyone. The children were very happy and asked, “Sir, what happened yesterday?” I said, “Yesterday I was what people thought of me. Today I am who can move forward.” In reality, fear—just fear—doesn’t let us rise. Even today, I feel a little nervous before going to class. But to hell with fear.

Confidence is not the absence of fear—it is the courage to face it. It is the inner voice that pushes you forward, even when embarrassment, failure, or judgment surrounds you. Confidence is standing up after being mocked, regaining your dignity, and taking action despite your doubts. It comes from preparation, persistence, and belief in your own worth, not from the approval of others. True confidence is choosing respect over fear, and growth over comfort.

(Satyam Thakur)

10.Debate and argument

Is debating necessary? Is arguing right or wrong?
Whether debate is right or wrong depends on time, situation, and intention. It matters when and why you are doing it.
Since childhood, I was someone who loved to argue. Believe me, most arguments are useless. I argued with family, with people around me, with anyone I met. I tried to prove myself everywhere. But a person argues mainly when he feels insecure inside.
What difference does debate really make? Most of the time, it makes no difference at all. Let it go. Forget it.
Only sometimes is debate justified—when it is about self-respect, and only when you know you will never meet that person again. If you have to meet them again, then it's better to smile, say sorry, laugh, and say, "Leave it, brother."
Because even if you win the argument, it keeps working inside your mind later:
"Why didn't I say this?"
"Why didn't I do that?"
Letting go is healthier.
Making enemies is childish drama. Don't do things just to satisfy your ego. Strength is not about winning arguments. Bring strength to your body, and more importantly, strength to your mind. Falling down is nothing—why fear it?
When I was weak, I argued the most. I fought, debated, and reacted. Time changed me. I started fighting with myself

instead—improving myself. Now all that arguing feels like a joke.

Honestly, I don't even need to debate anymore. If I debate, I can make anyone lose—but what's the point?

Once, four people were sitting together. One was an atheist, one was a believer. They started debating about God. I stayed quiet and watched. First, I debated with the atheist and forced him to accept that God exists. Then I debated with the believer and forced him to accept that God does not exist. Everyone just stared at me.

It wasn't a big thing for me. Because I never fully belong to any single idea. I learn from everything—reading, observing, teaching, listening. No single belief controls me.

I don't like crowds. Or maybe crowds don't want to stay with me.

If the matter is about dignity, then yes—stand firm. There are two ways to fight:

Argue now and never meet the person again.

Or don't argue at all—become so strong in life that your growth itself becomes the answer.

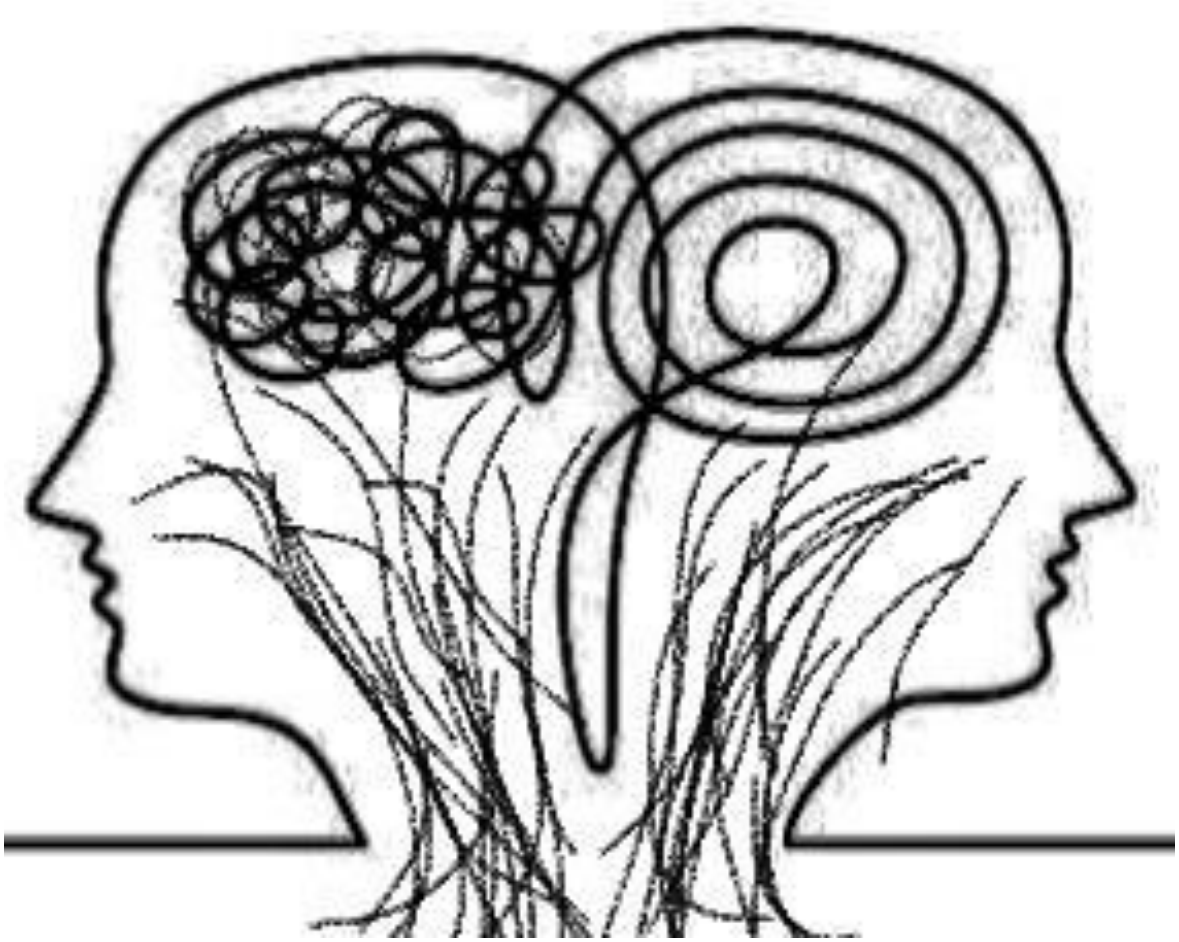
Not to take revenge.

Not to prove them wrong.

But to become better—for yourself, and to give your parents a good, peaceful life.

And in the end I realized—arguing is like trying to teach a mosquito philosophy: it will never understand, and somehow you'll still lose sleep.

But yes, learn to reason and learn to debate—because silence without understanding is ignorance, and silence with understanding is wisdom.



(Satyam Thakur)

11.The Quiet Work of Becoming Better

Small changes often enter our life silently. We rarely notice them, but they are always working within us. Improvement does not arrive like a storm; it comes like the morning light—slow, gentle, and inevitable if we allow it. You may not realize it today, but change is already happening inside you.

Every habit we carry shapes our personality. Even the bad ones. They are not enemies; they are signals. They show us where we are weak, where we are careless, and where we must grow. The truth is simple: you can always become better—no matter how many people seem ahead of you. Comparison with others is a trap. The only meaningful comparison is with your own self-respect. Ask yourself: Am I becoming someone I can stand with pride?

A good life is achievable, but we often sabotage it ourselves. We waste precious time drowning in memories of the past or fantasies of the future. We replay old mistakes, lost relationships, imagined conversations with girls or boys who may not even matter anymore. The future we fear or desire often exists only in our imagination. While we think, life moves on. Growth demands action, not endless thinking. Rise. Improve. Act.

Sometimes guilt will visit you. You may feel ashamed of what you did—or what you are doing. You may feel bad even for things that are natural, small, or driven by hormones. Feeling guilty does not make you weak; staying stuck in guilt does. Guilt should be a teacher, not a prison. Learn from it, improve

yourself, and move forward. Overthinking only drains your strength.

Do not entertain thoughts that push you into darkness. Do not give space to anything that makes you feel powerless. Do what helps you. Respect yourself enough to walk away from people who reduce your confidence. Abandon habits that slowly destroy your discipline and clarity. Anything—anyone—that makes you less powerful has no place in your journey.

Do not chase marks; chase improvement. Marks are outcomes, but improvement is control. Celebrate even small progress—quietly, privately, with dignity. Happiness is not loud; it is stable. When you grow daily, happiness follows naturally.

When I was a child, life was simple and joyful. Stealing mangoes, bunking school, playing outside till sunset. I never tasted intoxication—except the intoxication of books. I spoke boldly, foolishly, even claiming I was God. Childhood had innocence, curiosity, and fearlessness. But time handed me responsibility earlier than expected. Some people, some circumstances, took my childhood before I was ready to let it go.

Yet among those people—among those situations—some chose improvement. And I am one of them.

Playing is not wrong. Talking freely is not wrong. Enjoying life is not wrong. But excess without direction is dangerous. What is truly wrong is abandoning growth. What is truly wrong is surrendering to destructive habits. Good habits are not built in a single day. They require patience, repetition, and forgiveness

toward yourself. You must build them slowly, honestly, and consciously.

Life is not about becoming perfect. It is about becoming better than yesterday—with respect, discipline, and inner strength. Even today, I am not the person I want to become. Some mornings I wake up disciplined, and some days I waste time knowing I should not. I make plans at night and break them by afternoon. Sometimes I still fall into overthinking, distraction, and comfort. But one thing has changed—I notice it now. Earlier I was lost without awareness; today I am imperfect with consciousness. And that awareness tells me I am still on the path, not fallen from it.

I am not complete, but I am honest with myself.

I may be slow, but I am moving forward.

Improvement is not a moment; it is a habit built daily.

Falling does not end the journey—quitting does.

As long as I choose growth, I am already becoming.

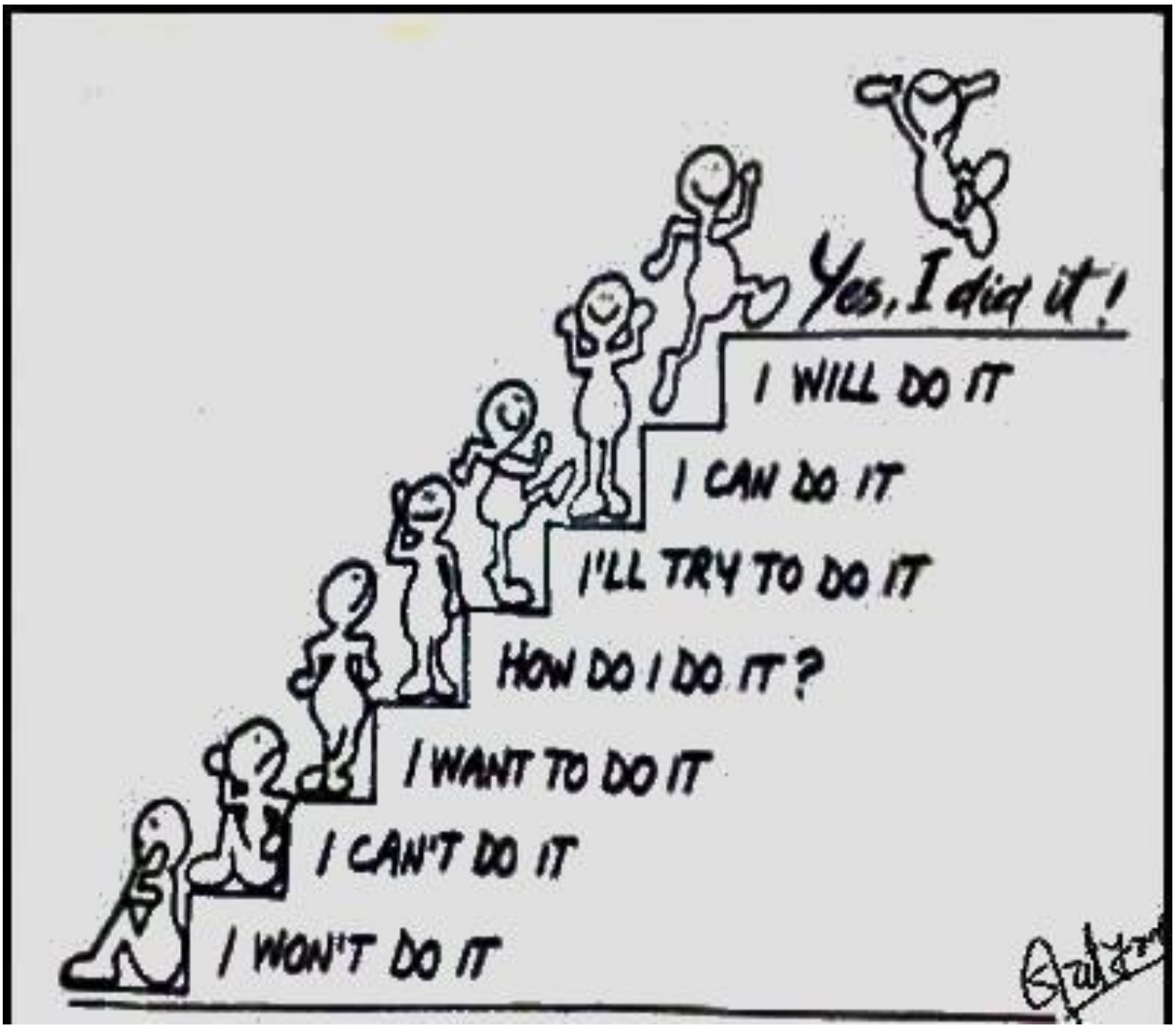
Don’t go to the contractors of motivation, and don’t make anyone the owner of your drive. No one is responsible for your fire except you. Motivation borrowed from others is temporary; self-respect–driven discipline is permanent. Improve yourself quietly, without announcing it, without waiting for approval. You are not here to impress, you are here to build. Stop depending on speeches, quotes, or people to push you forward. Stand on your own strength, accept your weakness, and work on it daily. Growth does not need noise; it needs consistency. You are alone in this journey—and that is your

greatest power. You are not waiting for motivation. You are the motivation.

No savior is coming.

No permission is required.

You are already on—now move.



(Satyam Thakur)

12.Polymath

A polymath is a person who has knowledge in many different fields and, more importantly, can connect those fields meaningfully. This ability to see links between ideas is what truly defines a polymath, not just knowing many things separately. In this world, people who become truly famous and respected are often those who think like polymaths. Almost all great personalities—and even some destructive ones—were strong polymaths. Leonardo da Vinci, Isaac Newton, Einstein, Swami Vivekananda, Acharya Prashant, Chanakya, and even Hitler had deep understanding across multiple domains. The difference was not in their intelligence, but in the direction and values with which they used it.

In a deeper sense, all of us are already polymaths, but often in unrefined or unproductive fields. Our task in life is not to become something completely new, but to transform what we already are and redirect our curiosity toward meaningful and constructive areas. Human potential is naturally wide; society just trains it to become narrow.

I remember a teacher from my school days to whom I went for tuition. He was highly respected in school, a bit mysterious, and knowledgeable in many subjects. That mystery came not from showing off, but from depth. His childhood was full of struggle, yet whatever he did in life, he did sincerely and with excellence. He became a strong inspiration for me.

Even I was a little strange as a child. I did not study very seriously in the conventional sense, but I was deeply curious.

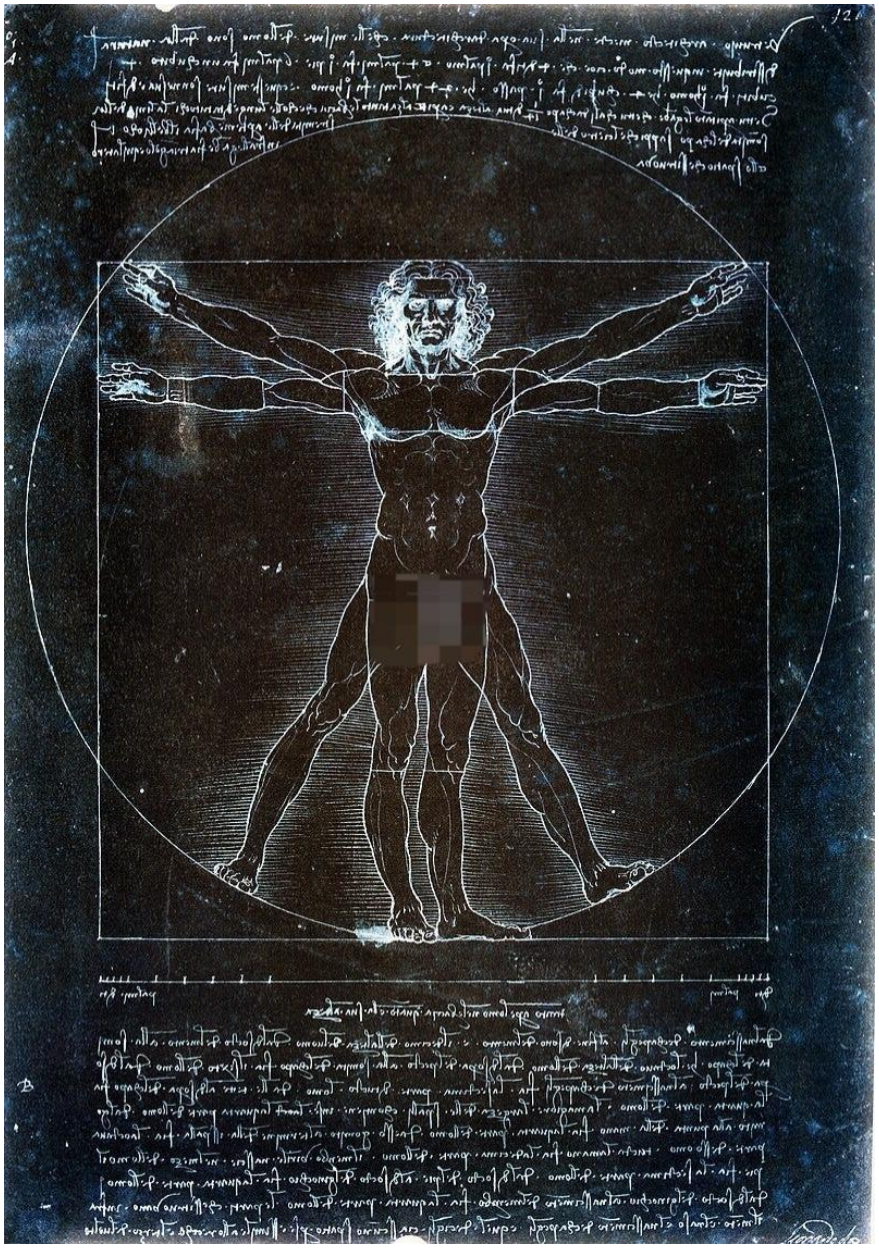
Science fascinated me, especially physics. Today, I am a writer and also a poet. I can write poetry and shayari, I can sketch and draw, and I have strong interest in technology. What is interesting is that I can connect all these skills. For example, in my writing, I link art with science and philosophy. People often tell me that I am a good teacher as well. I am still in a struggling phase, still learning, still incomplete—but I enjoy this process deeply.

Psychologically, this joy comes from learning without fear. A true polymath never feels ashamed to learn from anyone. Even if a child teaches something valuable, they accept it. When I was studying, a seventh-grade student once taught me the meaning and pronunciation of words that were new to me. I learned happily. Ego has no place in real learning. Ego blocks growth; humility accelerates it.

To live as a polymath is not about proving intelligence, but about remaining open. It is about continuous learning, connecting ideas, teaching others, and allowing oneself to be taught. When learning becomes playful and fearless, life itself becomes meaningful. The goal is not perfection, but progress—again and again, learning, moving forward, and learning once more.A true polymath is not someone who knows everything, but someone who never stops learning and connecting.

Knowledge becomes wisdom only when guided by humility, curiosity, and ethical direction.

Struggle is not a weakness; it is the natural environment where multidimensional growth happens.
When ego dissolves, learning accelerates, and even the smallest teacher can become a guru.
To live as a polymath is to turn life itself into a classroom and purpose into its guiding light.



(Leonardo da Vinci)

13.conflict between mom and dad

Sometimes, Mom and Dad fight. It happens, even though you don't want it to. If you are there, and you can, go between them. Dance in front of them. Go to Mom, go to Dad, jump, shout, make noise. They may both yell at you, maybe even scold or hit you. But the fight will stop. For a moment, peace will come. You may get hurt, but at least the argument ends.

If you feel afraid to go in the middle, if your legs feel frozen, then just stand quietly to the side. Drop something. Break something small. Make a little noise. Let the clash of objects be your way of stopping the clash of voices. Even this can work. Sometimes, a tiny action can end a big fight.

If you cannot do that either, if your fear is too big, then go outside. Let yourself stumble. Fall. Hurt yourself a little, just enough to make them notice, to make the anger pause. The world may think this is strange, dangerous, or extreme, but in your mind, it is a way to survive the storm inside the house.

If even this is impossible, if you cannot risk anything, then quietly step aside. Watch from the corner. Let the argument continue without you. Let Mom and Dad do what they want. You live your own life. Let them handle theirs. This is not weakness. This is a way to survive, a way to keep your mind intact. You are still here. You are still yourself.

The truth is, no matter what you do, you cannot always fix the fights. You can make noise, act, or intervene—but sometimes, the only power you have is to not be destroyed by it. You are young, your life is yours. The world may feel unfair, and Mom

and Dad may seem harsh, but you are learning something invisible yet strong. You are learning how to protect your heart, how to stay alive in a house that shakes.

So, whether you dance, break, fall, or quietly move aside, you survive. You continue. And that is enough. The fights are theirs, but your life is yours. You carry it carefully, silently, like a small lamp in a storm, never losing your light.

When Mom and Dad fight, don't panic—think of it as live action drama with free popcorn.

You can dance like a fool in the middle; bonus: they might yell at you instead of each other.

If courage fails, just knock over a vase or spill water—instant distraction, chaos magic!

Too scared even for that? Step aside and pretend you're a ninja disappearing into the shadows.

In the end, their war is their problem, your life is your comedy show—laugh, survive, repeat

(Pic.Source-Internet)

14. Never dance on a stage which is made of bamboo.
Because audience matter.

The Bamboo Stage

Imagine a stage made of bamboo—light, fragile, and uncertain. At first, it may look fine. It may even seem enough to stand on. But the moment you step on it with all your energy, with every movement, you feel it shake. You feel the instability beneath your feet.

This is not just about physical danger. Psychologically, it mirrors life. When we place ourselves in situations that are weak, unreliable, or unsafe, our confidence wavers. Every step becomes cautious. Every movement carries fear. Even if you are skilled, even if your heart is full of passion, the weak foundation limits you. It steals your focus. It can hurt you—not just your body, but your mind, your spirit.

Performing on a weak stage teaches a painful truth: no effort is worth giving if the ground beneath you cannot hold you. The bamboo stage can break under the weight of your potential. Your skill, your confidence, and even your happiness can be damaged if you try to shine where support is absent.

The lesson is simple but deep. Respect your own strength. Respect the value of your energy and your effort. Choose a foundation that can hold you, not one that might betray you. Because even the most beautiful dance loses its meaning

when it comes at the cost of injury—physical, mental, or emotional.

The Audience

A stage is not just about the floor you stand on—it is also about who watches you. Some audiences see only what they want to see. They do not notice your effort, your skill, or the meaning behind your movements. They do not understand the message you are trying to share. Their minds are weak, focused only on entertainment, not growth or appreciation.

When you perform for such people, your energy is wasted. You give your heart, your talent, your hidden message—but they see only what pleases them in the moment. They judge without understanding. They laugh, whisper, or scroll past, unable to value what you truly offer. Psychologically, this can hurt your confidence if you let it. It can make you doubt your own worth, even when you are extraordinary.

Some may think social media—Instagram, TikTok, reels—is similar. People dance for entertainment, and that is not wrong. They have chosen the stage and the audience that suits their goal. But imagine dancing on a bamboo stage for an audience that is blind to effort, shallow in judgment, and incapable of appreciating greatness. That stage is not yours; that audience cannot hold you.

The truth is simple: believe in yourself and know your purpose. If your goal is to entertain, then the stage and the audience

matter less—you are giving joy, and that has its own value. But if your goal is to conquer, to create, to rise beyond, you must be selective. Choose the stage that supports you and the audience that can see your light. Otherwise, your effort is wasted, and your talent is trapped.

Rise above the weak-minded crowd. Rise above the shallow stage. Protect your energy, your message, your talent. Let your dance, your effort, your life, find those who can truly see it. Because a conqueror does not perform for fools—he rises, and lets the world follow.

(pic. Source – internet)

15.Main teaching of bhagwat Geeta for a teenager

Bhagwan says(Shree Krishna)

नैनं छिन्दन्ति शस्त्राणि नैनं दहति पावकः।

न चैनं क्लेदयन्त्यापो न शोषयति मारुतः।।

“weapons can not cut the soul, nor can

Fire burn it; water can wet it, nor

Can the wind dry it.” 2.23

स्वधर्ममपि चावेक्ष्य न विकम्पितुमर्हसि।

धर्म्याद्धि युद्धाच्छ्रेयोऽन्यत्क्षत्रियस्य न विद्यते।।

“Considering your own duty, you should not

Waver. For a warrior, there is no greater

Good than a fight for righteousness.” 2.31

अकीर्तिं चापि भूतानि कथयिष्यन्ति तेऽव्ययाम्।

सम्भावितस्य चाकीर्तिर्मरणादतिरिच्यते।।

“People will speak of your long-lasting

Infamy. For a respectable man,

Dishonor is worse than death.” 2.34

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन।
मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि।।
“You have a right to perform your prescribed
Duties, but you are not entitled to the fruits
Of your actions. Never consider yourself the
Cause of the results, and never be attached
To not doing your duty.” 2.47

बुद्धियुक्तो जहातीह उभे सुकृतदुष्कृते।
तस्माद्योगाय युज्यस्व योगः कर्मसु कौशलम्।।
A person endowed with wisdom
Gives up the results of both good
And bad actions in this world.
Therefore, strive for yoga, for yoga is
Skillfulness in action. 2.50

आत्मौपम्येन सर्वत्र समं पश्यति योऽर्जुन।
सुखं वा यदि वा दुःखं स योगी परमो मतः।।

“O Arjun, that person is a perfect yogi
Who, by comparison with their own self,
Sees the true equality of all beings,
In both their happiness and their distress.” 6.32

अहमात्मा गुडाकेश सर्वभूताशयस्थितः।
अहमादिश्च मध्यं च भूतानामन्त एव च।।
“O Arjun, I am the self seated in the heart
Of all creatures. I am the beginning, the middle,
And also the end of all beings.” 10.20

सर्वधर्मान्परित्यज्य मामेकं शरणं व्रज।
अहं त्वा सर्वपापेभ्यो मोक्षयिष्यामी मा शुचः।।
“Abandon all varieties of religion and
Simply surrender unto Me alone. I shall
Deliver you from all sinful reactions.Do not fear.” 18.66

(satyam Thakur)

16.Greene's laws of power summary

Power in life is not always about strength, money, or loud words. Most of the time, it works silently, through the mind, behavior, and understanding of people. A wise person learns to observe how humans think and react, instead of trusting emotions blindly.

First, a thoughtful person never tries to outshine everyone around them. When you show too much intelligence, talent, or success in front of others, especially seniors or authority figures, it can create insecurity and jealousy. Psychologically, people like to feel important. When their ego feels threatened, they may turn against you silently. True intelligence is knowing when to shine and when to stay calm.

Second, one should be careful about trusting people too easily, even those who seem close. Friends are important, but humans are emotional beings, and emotions change with time, jealousy, comparison, or pressure. Sometimes people hurt others not because they are evil, but because they are weak inside. A wise mind keeps emotional balance—kind, but not

careless. Philosophy teaches us to love everyone, but psychology teaches us to stay alert.

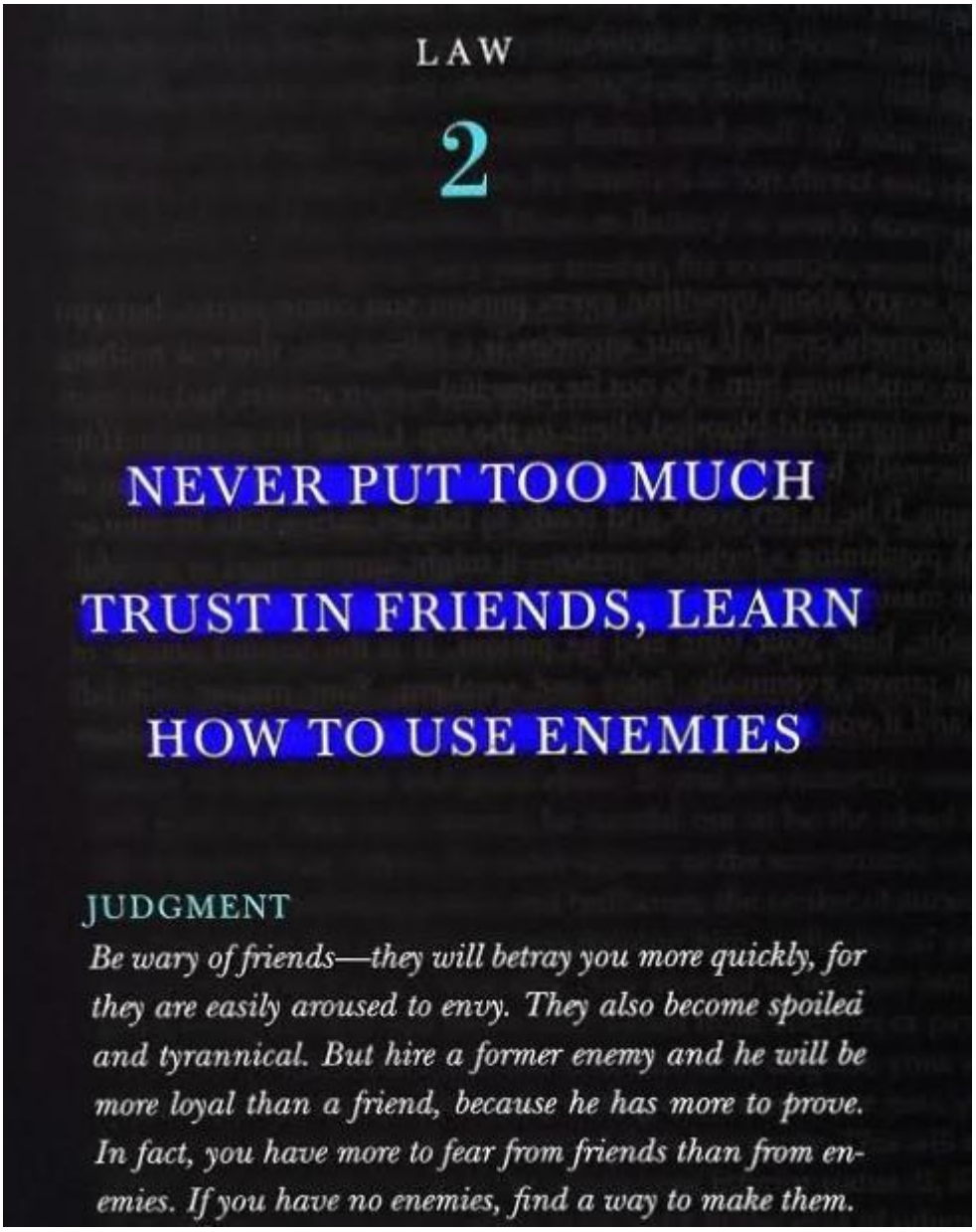
Third, silence is often stronger than unnecessary talking. When you speak too much, you reveal your plans, weaknesses, and thoughts. The human mind naturally uses information for advantage. A quiet person appears deeper, more powerful, and harder to control. Silence creates mystery, and mystery creates respect.

Fourth, people often judge you not by who you are, but by what they see. Appearance, confidence, and behavior influence the human brain faster than truth. This does not mean becoming fake, but it means presenting yourself properly. A calm posture, clear words, and self-control shape how others treat you.

Finally, reacting emotionally gives power to others. When someone provokes you and you lose control, they win psychologically. A strong person controls anger, ego, and fear. Philosophy calls this self-mastery; psychology calls it emotional intelligence.

In the end, real power is not about controlling others. It is about understanding human nature and controlling

yourself. A teenager who learns this early does not become cruel–he becomes aware, balanced, and wise.


LAW
2
NEVER PUT TOO MUCH
TRUST IN FRIENDS, LEARN
HOW TO USE ENEMIES
JUDGMENT
Be wary of friends—they will betray you more quickly, for they are easily aroused to envy. They also become spoiled and tyrannical. But hire a former enemy and he will be more loyal than a friend, because he has more to prove. In fact, you have more to fear from friends than from enemies. If you have no enemies, find a way to make them.

(Robert Greene)

17.Hello and Bye.

This book is written for my friends, for your children, and for those whom you wish to see grow into better human beings.

All of us are living in a time of struggle. Our homes may not be perfect, our paths may be hard, but we should never allow happiness to disappear from our lives. Life should be lived fully—calmly, joyfully, and wisely. We must stay away from the wrong people, because bad habits never give real happiness; they only pull us away from truth.

I was fine before, and I am fine now. But when I am alone—which is most of the time—I naturally go into deep thinking. I reflect on life, meaning, and existence. When I am with friends, I stay light-hearted, joke around, and live simply. Both sides are true. I do not have many friends, but the ones I have are genuine, and each of them represents a different way of being human.

Our fathers have struggled more than we ever realize—perhaps your father has too. What is missing today is awareness. I want you to wake up and see the world

differently, because the world is full of traps, especially for this generation. Many young people lose themselves in obsession, confusing attraction with love and attachment with meaning. Sometimes we destroy ourselves thinking it is love; sometimes we abandon love thinking it is weakness.

Love is not limited to romance. We love our parents, our family, life itself. What I want to teach is this: you are love, and love begins within you. If you lose yourself, the world will turn against you. Self-respect comes before everything.

When I read Franz Kafka, my mind stayed in a dark, heavy state for many days. That taught me something important: borrowing someone else's philosophy blindly is foolish. Every human being is a philosophy in themselves. Someone else may be great, but that does not mean their inner world is yours. We are all one—yet each of us is unique in a way that can never be copied.

So stay alert. Learn. Live. Enjoy. Then learn again. Everything written here comes from life itself—mostly from my own experiences. This is a small book, but it

can be deeply useful. Even I read it again and again to remind myself of what truly matters.

I have used technology in this journey, because tools should be used when needed—but carefully and consciously.

This book is written with love.

You are the listener; I am only the voice....

(Ramya jha.

Satyam's student)

Dive Into Teen Age

(Wake up from illusion)

Satyam Thakur